




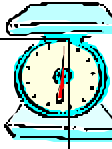
Crediting Cereals in the After-School Snack Program

Additional Considerations

In addition to the crediting criteria specified on pages 3-6, cereals must also meet the following requirements to be creditable as a grains/breads component.

Serving Sizes

Cereals must provide the minimum serving sizes as specified in the After-School Snack Program meal pattern. The serving size for each age group is as follows:

Age Group	Cold, Dry Ready-To-Eat Cereal	Hot Cooked Cereals (e.g., Oatmeal, Cream of Wheat, etc.)
Ages 6-12 (1 serving)	$\frac{3}{4}$ cup or 1 ounce, whichever is less	$\frac{1}{2}$ cup cooked or 25 grams dry
Ages 3-5 ($\frac{1}{2}$ serving)	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce, whichever is less	$\frac{1}{4}$ cup cooked or 13 grams dry

Complex Carbohydrates

The food label should also be reviewed for information on complex carbohydrates. Complex carbohydrates (or starches) are listed in the Nutrition Facts label as “Other Carbohydrates.” A target amount for complex carbohydrates is about 14 to 17 grams per serving. Starches are the body’s best source of energy, with whole grains being an excellent source.

Fortification

Choose cereals without large amounts (i.e., 100 percent) of vitamins and minerals added (25 percent or less is acceptable). Children risk overdosing on vitamins and minerals if fortified cereals (100 percent) are a constant part of their diets. In the “List of Creditable Cereals for the After-School Snack Program” fortified cereals are footnoted with the number “2.”



Sugar Content

Many cereals are high in sugar and low in complex carbohydrates and other nutrients.

Cereals with 36 percent or more sugar per serving are not recommended in the After-School Snack Program. Programs are encouraged to choose cereals containing 35 percent or less sugar per manufacturer's serving.

The amount of sugar in a cereal is listed on the Nutrition Facts label under the category "Sugars." Sugars include those that are naturally occurring in the cereal (e.g., from grains and fruits) and those that are added to foods, such as brown sugar or honey. The Nutrition Facts label gives the content of sugars from ***all*** sources – naturally occurring sugars plus added sugars. To get an idea of the amount of added sugars in foods, read the list of ingredients. Manufacturers must list ingredients in descending order by weight, so the closer an ingredient is to the beginning of the list, the more is present in the food.

INGREDIENTS: WHOLE GRAIN OATS, **HONEY, BROWN SUGAR SYRUP**, SALT, GROUND ALMONDS, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

The suffix "-ose" means sugar. Names for sugar include sucrose (table sugar), glucose, dextrose, fructose, brown sugar, honey, maltose, corn sweetener, molasses and syrups (e.g., corn syrup, high-fructose corn syrup, sorghum syrup). A cereal is likely to be high in sugar if one of these names appears first or second in the ingredient list, or if several names are listed.

The amount of sugar in the cereal will be listed in grams (g). A teaspoon of sugar is equivalent to 4 grams. Three to 5 grams of sugar or less is an amount naturally found in grains. Added dried fruit will increase the sugar content to about 10 grams. Amounts higher than this usually indicate added sugar.



Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program includes information on the sugar content of cereals, as well as guidance on incorporating more nutritious cereal choices into menus. For cereals not listed, the percent of sugar per serving can easily be calculated from the Nutrition Facts label, using the "Worksheet for Determining Creditable Cereals in Child Nutrition Programs" (next page). On page 63, a sample worksheet has been completed for Honey Nut Cheerios® (see label on page 62).



Determining Creditable Cereals

Worksheet for Determining Creditable Cereals in Child Nutrition Programs

Name of Product: _____ Manufacturer: _____

1. Verify cereal is whole-grain or enriched, or contains bran or germ.

To be creditable as a grain/bread, the cereal must contain whole-grain or enriched flour or meal, bran or germ. This product contains (Check All That Apply):

- ☐ Enriched or whole-grain (**specify type**): _____
- ☐ Bran ☐ Germ ☐ Other (**specify**): _____

2. Determine Percent Sugar

(Located under "Nutrition Facts" label on cereal box. Use a calculator for all calculations.)

- A. Grams of Sugar per serving: _____ grams
- B. Weight of Serving in grams (g): _____ grams
- C. Divide *Grams of Sugar per Serving* (A)
by *Weight of Serving* (B) _____ **X 100 =** _____ %
Total percent sugar per serving

3. Crediting Information for Child Nutrition Programs

Check One:

- ☐ Cereal is **creditable** (*Cereal is whole grain or enriched and contains **35 percent sugar or less** per serving*).
- ☐ Cereal is **not recommended** (*Cereal is whole grain or enriched but contains **36 percent sugar or more** per serving*).
- ☐ Cereal is **not creditable** (*Cereal is not whole grain or enriched*).

Sample Cereal Label: Honey Nut Cheerios[®]

Check serving size for **weight** (in grams), e.g., 30 grams.

Nutrition Facts

Serving Size 1 cup (30 g)

Servings Per Container About 19

Amount Per Serving	Honey Nut Cheerios	With ½ cup skim milk
Calories	120	160
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5 g*	2%	3%
Saturated Fat 0 g	0%	0%
Polyunsaturated Fat 0.5 g		
Monounsaturated Fat 0.5 g		
Cholesterol 0 mg	0%	1%
Sodium 270 mg	11%	14%
Potassium 90 mg	3%	8%
Total Carbohydrate 24 g	8%	10%
Dietary Fiber 2 g	8%	8%
Soluble Fiber less than 1 g		
Sugars 11 g		
Other Carbohydrate 11 g		
Protein 3 g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat, less than 5mg cholesterol, 340mg sodium, 290mg potassium, 30g total carbohydrate (17g sugars) and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GRAIN OATS, HONEY, BROWN SUGAR SYRUP, SALT, GROUND ALMONDS, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXNE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D. CONTAINS WHEAT AND ALMOND INGREDIENTS.

Check the list of ingredients for **terms** indicating that the cereal is whole-grain, e.g., "whole grain oats," or enriched, e.g., "enriched flour" or lists the enrichment nutrients (iron, niacin, riboflavin, thiamin, and folic acid).



Sample Completed Worksheet for Honey Nut Cheerios[®]

Worksheet for Determining Creditable Cereals in Child Nutrition Programs

Name of Product: Honey Nut Cheerios[®] Manufacturer: General Mills

1. Verify cereal is whole-grain or enriched, or contains bran or germ.

To be creditable as a grain/bread, the cereal must contain whole-grain or enriched flour or meal, bran or germ. This product contains (Check All That Apply):

- ☒ Enriched or whole-grain (**specify type**): Whole Grain Oats
- ☐ Bran ☐ Germ ☐ Other (**specify**): _____

2. Determine Percent Sugar

(Located under "Nutrition Facts" label on cereal box. Use a calculator for all calculations.)

- D. Grams of Sugar per serving: 11 grams
- E. Weight of Serving in grams (g): 30 grams
- F. Divide *Grams of Sugar per Serving* (A)
by *Weight of Serving* (B) 0.367 X 100 = 36.7 %
- Total percent sugar
per serving**

3. Crediting Information for Child Nutrition Programs

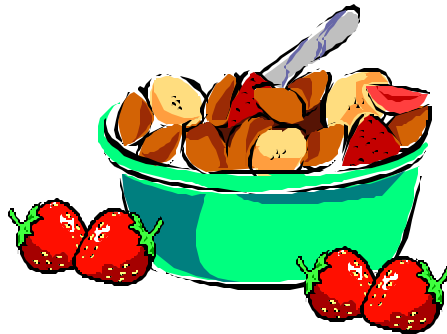
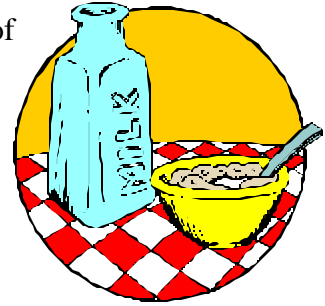
Check One:

- ☐ Cereal is **creditable** (*Cereal is whole grain or enriched and contains **35 percent sugar or less** per serving*).
- ☒ Cereal is **not recommended** (*Cereal is whole grain or enriched but contains **36 percent sugar or more** per serving*
- ☐ Cereal is **not creditable** (*Cereal is not whole grain or enriched*).



Tips to Increase Acceptance of Low Sugar Cereals

1. Mix an After-School Snack Program creditable sweetened cereal with a cereal lower in sugar. Children still have their favorite cereal, but only half as much. Gradually increase the amount of unsweetened cereal and decrease the sweetened cereal to help increase the children's acceptability of cereals with less sugar.
2. Serve unsweetened cereals and let children add their own sugar. While the Office of Child Nutrition does not advocate excessive use of table sugar, it is unlikely that children will add as much sugar as manufacturers do, even with unrestricted access to the sugar bowl. Most children will not add more than 2 or 3 teaspoons. In addition, most of the sugar added to the cereal ends up in the milk at the bottom of the bowl. Unless the child is drinking this milk, much of the added sugar is not being consumed. Sweetened cereals may have as many as 4 or more teaspoons of sugar in a one ounce serving, and very little of this sugar is found in the bottom of the bowl.
3. Add fresh fruit or raisins to the cereal. The naturally occurring sugars in fruit will give cereal the added sweetness children like.





List of Creditable Cereals for the After-School Snack Program

This list indicates whether a cereal may be served to meet the grains/breads component. The “Creditable” column indicates “Yes,” the product is creditable, “No,” the product is not creditable, or “NR,” the product is not recommended. If a cereal is not on this list, the percent of sugar per serving may be calculated using the “Worksheet for Determining Creditable Cereals in Child Nutrition Programs” (page 61). *Cereals containing 36 percent or more sugar per manufacturer’s serving size are **not** recommended.* Of the creditable cereals listed, sponsors are encouraged to choose lower sugar varieties.

Product Name and Manufacturer	Manufacturer’s Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
All Bran, Original, <i>Kellogg’s</i>	½ cup (30 g)	5 g	17%	Yes
All Bran, Extra Fiber, <i>Kellogg’s</i>	½ cup (30 g)	0 g	0%	Yes
Almond Delight, <i>Ralston Food</i>	1 cup (51 g)	12 g	24%	Yes
Alpen Natural Cereal, Original	² / ₃ cup (55 g)	11 g	20%	Yes
Alpen Natural Cereal, No Added Sugar or Salt	² / ₃ cup (55 g)	7 g	13%	Yes
Alpha-Bits, <i>Post</i>	1 cup (32 g)	13 g	41%	NR
Alpha-Bits with Marshmallows, <i>Post</i>	1 cup (29 g)	14 g	48%	NR
Apple Jack’s, <i>Kellogg’s</i>	1 cup (30 g)	14 g	47%	NR
Apple Stroodles, <i>Erewhon</i>	³ / ₄ cup (30 g)	4 g	14%	Yes
Apple Zaps, <i>Quaker</i>	1 cup (30 g)	14 g	47%	NR
Banana Nut Bread Hot Cereal, <i>Nabisco</i>	1 packet (40 g)	14 g	35%	Yes
Banana Nut Crunch, <i>Post</i>	1 cup (59 g)	11 g	19%	Yes
Basic 4, <i>General Mills</i>	1¼ cup (55 g)	12 g	22%	Yes
Berry Buddies, <i>Amway</i>	³ / ₄ cup (30 g)	9 g	30%	Yes
Blueberry Morning, <i>Post</i>	1¼ cup (57 g)	14 g	25%	Yes
Booberry, <i>General Mills</i>	1 cup (30 g)	14 g	47%	NR
Bran 100%, <i>Nabisco</i>	¹ / ₃ cup (29 g)	7 g	24%	Yes
Bran Flakes, <i>Post</i>	³ / ₄ cup (30 g)	6 g	20%	Yes
Bran Flakes, <i>Stop & Shop</i>	1 cup (30 g)	6 g	20%	Yes
Cap’n Crunch, <i>Quaker</i>	³ / ₄ cup (27 g)	12 g	44%	NR
Cap’n Crunch Crunchberries, <i>Quaker</i>	³ / ₄ cup (26 g)	11 g	42%	NR
Cap’n Crunch Peanut Butter Crunch, <i>Quaker</i>	³ / ₄ cup (27 g)	9 g	33%	Yes
Cheerios, <i>General Mills</i>	1 cup (30 g)	1 g	3%	Yes
¹ Label does not indicate that product contains enriched or whole-grain flour or meal and/or bran or germ.				
² Cereal is fortified.				



Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Cheerios, Apple Cinnamon, <i>General Mills</i>	¾ cup (30 g)	13 g	43%	NR
Cheerios, Frosted, <i>General Mills</i>	1 cup (30 g)	13 g	43%	NR
Cheerios, Honey Nut, <i>General Mills</i>	1 cup (30 g)	11 g	37%	NR
Cheerios, Multi Grain, <i>General Mills</i>	1 cup (30 g)	6 g	20%	Yes
Cinnamon Grahams, <i>General Mills</i>	¾ cup (30 g)	11 g	37%	NR
Cinnamon Mini Buns, <i>Kellogg's</i>	¾ cup (30 g)	14 g	47%	NR
Cinnamon Toast Crunch, <i>General Mills</i>	¾ cup (30 g)	10 g	33%	Yes
Cinnamon Oat Squares, <i>Quaker</i>	1 cup (60 g)	14 g	23%	Yes
Clusters, <i>General Mills</i>	1 cup (55 g)	13 g	24%	Yes
Cocoa Blasts, <i>Quaker</i>	1 cup (33 g)	16 g	48%	NR
Cocoa Dots, Millville, <i>Aldi Foods</i>	¾ cup (30 g)	13 g	43%	NR
Cocoa Krispies, <i>Kellogg's</i>	¾ cup (30 g)	13 g	43%	NR
Cocoa Pebbles, <i>Post</i>	¾ cup (29 g)	13 g	45%	NR
Cocoa Puffs, <i>General Mills</i>	1 cup (30 g)	14 g	47%	NR
Cookie Crisp, Chocolate Chip, <i>Ralston Food</i>	1 cup (29 g)	12 g	41%	NR
Complete Bran Flakes, <i>Kellogg's</i>	¾ cup (30 g)	6 g	20%	Yes
Cornfetti Cereal, <i>U.S. Mills</i>	¾ cup (28 g)	6 g	21%	Yes
Crisp Rice, <i>ShopRite</i>	1¼ cup (33 g)	2 g	6%	Yes
Crispy Corn Puffs, <i>Sweet Life</i>	1½ cup (30 g)	3	10%	Yes
Corn Blasts, <i>Quaker</i>	¾ cup (30 g)	11 g	37%	NR
Corn Chex, <i>Ralston Food</i>	1¼ cup (30 g)	3 g	10%	Yes
Corn Crisps, <i>Stop & Shop</i>	½ cup (30 g)	3 g	10%	Yes
Corn Flakes, <i>Grainfield's</i>	1 cup (30 g)	1 g	3%	Yes
Corn Flakes, <i>Kellogg's</i>	1 cup (30 g)	2 g	6%	Yes
Corn Flakes, <i>IGA</i>	1¼ cup (31 g)	3 g	10%	Yes
Corn Flakes, <i>Quaker</i>	¾ cup (17 g)	1 g	6%	Yes
Corn Flakes, <i>Shaw's</i>	1¼ cup (31 g)	3 g	10%	Yes
Corn Flakes, <i>Stop & Shop</i>	1¼ cup (31 g)	3 g	10%	Yes
Corn Pops, <i>Kellogg's</i>	1 cup (30 g)	13 g	43%	NR
Corn Puffs, <i>Kingston</i>	1½ cup (30 g)	3 g	10%	Yes
Count Chocula, <i>General Mills</i>	1 cup (30 g)	14 g	47%	NR
Country Corn Flakes, <i>Sensational</i>	² / ₃ cup (30 g)	6 g	20%	Yes
¹ Label does not indicate that product contains enriched or whole-grain flour or meal and/or bran or germ. ² Cereal is fortified.				



Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Cracked Wheat Hot Cereal, <i>Hodgson Mill</i>	¼ cup (40 g)	0 g	0%	Yes
Cracklin' Oat Bran, <i>Kellogg's</i>	¾ cup (55 g)	18 g	33%	Yes
Cranberry Almond Crunch, <i>Post</i>	1 cup (55 g)	15g	27%	Yes
Cream of Rice, <i>Nabisco</i>	¼ cup (46 g)	0 g	0%	Yes
Cream of Wheat, <i>Nabisco</i>	3 Tbsp (33 g)	0 g	0%	Yes
Cream of Wheat, Instant Apple 'n Cinnamon, <i>Nabisco</i>	1 packet (35 g)	13 g	37%	NR
Cream of Wheat, Instant Brown Sugar Cinnamon, <i>Nabisco</i>	1 packet (35 g)	12 g	34%	Yes
Cream of Wheat, Instant Maple Brown Sugar, <i>Nabisco</i>	1 packet (35 g)	12 g	34%	Yes
Cream of Wheat, Instant Mix-Ins Apple Granola Crunch, <i>Nabisco</i>	1 packet (43 g)	16 g	37%	NR
Cream of Wheat, Instant Mixed Berry, <i>Nabisco</i>	1 packet (35 g)	12 g	34%	Yes
Cream of Wheat, Instant Original, <i>Nabisco</i>	1 packet (28 g)	0 g	0%	Yes
Cream of Wheat, Instant Orchard Peach, <i>Nabisco</i>	1 packet (35 g)	12 g	34%	Yes
Cream of Wheat, Instant Strawberry, <i>Nabisco</i>	1 packet (35 g)	12 g	34%	Yes
Crispix, <i>Kellogg's</i>	1 cup (30 g)	4 g	13%	Yes
Crispy Corn & Rice, <i>Sweet Life</i>	1¼ cup (30 g)	3 g	10%	Yes
Crispy Corn Puffs, <i>Shaw's</i>	1½ cup (30 g)	3 g	10%	Yes
Crispy Corn Puffs, <i>Quaker</i>	1¼ cup (30 g)	6g	20%	Yes
Crispy Corn Puffs, <i>Sweet Life</i>	1½ cup (30 g)	3g	10%	Yes
Crispy Oatmeal & Raisin Chex, <i>Ralston Food</i>	1 cup (55 g)	20 g	36%	NR
Crisp Rice, <i>ShopRite</i>	1¼ cup (33 g)	2 g	6%	Yes
Crispy Rice, <i>Quaker</i>	¾ cup (21 g)	2 g	10%	Yes
Crispy Rice, <i>Stop & Shop</i>	1¼ cup (33 g)	2 g	6%	Yes
Crispy Wheat & Raisin, <i>General Mills</i>	1 cup (55 g)	20 g	36%	NR
Crunchy Corn Bran, <i>Quaker</i>	¾ cup (27 g)	6 g	22%	Yes
Double Chex, <i>Ralston Food</i>	1¼ cup (30 g)	8 g	27%	Yes
Farina, <i>Pillsbury</i>	3 Tbsp (28 g)	0 g	0%	Yes
Fiber One, <i>General Mills</i>	½ cup (30 g)	0 g	0%	Yes
French Toast Crunch, <i>General Mills</i>	¾ cup (30 g)	12 g	40%	NR
¹ Label does not indicate that product contains enriched or whole-grain flour or meal and/or bran or germ.				
² Cereal is fortified.				



Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Froot Loops, <i>Kellogg's</i>	1 cup (30 g)	14 g	47%	NR
Frosted Bran, <i>Kellogg's</i>	$\frac{3}{4}$ cup (30 g)	10 g	33%	Yes
Frosted Flakers, <i>Quaker</i>	$\frac{3}{4}$ cup (31 g)	12 g	39%	NR
Frosted Flakes, <i>Kellogg's</i>	$\frac{3}{4}$ cup (30 g)	13 g	43%	NR
Frosted Flakes, <i>Stop & Shop</i>	$\frac{3}{4}$ cup (31 g)	11 g	35%	Yes
Frosted Mini-Wheats, <i>Kellogg's</i>	1 cup (55 g)	12 g	22%	Yes
Frosted Mini-Wheats, Bite Size, <i>Kellogg's</i>	1 cup (55 g)	12 g	22%	Yes
Frosted Moons, <i>Stop & Shop</i>	$1\frac{1}{3}$ cup (30 g)	11	37%	NR
Frosted Shredded Wheat, Bite Size, <i>Kingston</i>	1 cup (52 g)	11g	21%	Yes
Frosted Shredded Wheat, Bite Size, <i>Stop & Shop</i>	1 cup (55 g)	11g	20%	Yes
Frosted Shredded Wheat, <i>Millville</i>	1 cup (55 g)	11 g	20%	Yes
Frosted Wheat Bites, <i>Nabisco</i>	1 cup (52 g)	11 g	21%	Yes
Frosted Toasted Oats, <i>Big Y</i>	1 cup (30 g)	13 g	43%	NR
Fruit & Fiber, Dates, Raisins & Walnuts, <i>Post</i>	1 cup (60 g)	18 g	30%	Yes
Fruit & Fiber, Peaches, Raisins, Almonds, <i>Post</i>	1 cup (60 g)	15 g	25%	Yes
Fruity Pebbles, <i>Post</i>	$\frac{3}{4}$ cup (27 g)	12 g	44%	NR
Fruit Rings, <i>Stop & Shop</i>	$\frac{3}{4}$ cup (26 g)	12 g	46%	NR
Fruit Tangy Ho's, <i>Quaker</i>	1 cup (31 g)	13 g	42%	NR
Golden Crisp, <i>Post</i>	$\frac{3}{4}$ cup (27 g)	15 g	56%	NR
Golden Grahams, <i>General Mills</i>	$\frac{3}{4}$ cup (30 g)	11 g	37%	NR
Golden Raisin Crisp, <i>Post</i>	1 cup (60 g)	18 g	30%	Yes
Graham Chex, <i>Ralston Food</i>	1 cup (52 g)	17 g	33%	Yes
Granola, Low Fat, <i>Kellogg's</i>	$\frac{2}{3}$ cup (30 g)	16 g	29%	Yes
Granola, Bran, <i>Erewhon</i>	$\frac{1}{3}$ cup (48 g)	6 g	13%	Yes
Granola, Date Nut, <i>Erewhon</i>	$\frac{1}{3}$ cup (48 g)	7 g	15%	Yes
Granola, Honey Almond, <i>Erewhon</i>	$\frac{1}{3}$ cup (46 g)	8 g	17%	Yes
Granola, Maple, <i>Erewhon</i>	$\frac{1}{3}$ cup (50 g)	7 g	14%	Yes
Granola, Raspberry and Cream, <i>Breadshop's</i>	$\frac{1}{2}$ cup (51 g)	7 g	14%	Yes
Granola, Spiced Apple, <i>Erewhon</i>	$\frac{1}{3}$ cup (47 g)	6 g	13%	Yes
Granola with Raisins and Almonds, Low Fat, <i>Sensational</i>	$\frac{2}{3}$ cup (55 g)	14 g	25%	Yes
Granola without Raisins, <i>Kellogg's</i>	$\frac{1}{2}$ cup (55 g)	16 g	29%	Yes
¹ Label does not indicate that product contains enriched or whole-grain flour or meal and/or bran or germ. ² Cereal is fortified.				



Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Grape Nuts, <i>Post</i>	½ cup (58 g)	7 g	12%	Yes
Grape Nuts Flakes, <i>Post</i>	¾ cup (29 g)	5 g	17%	Yes
Great Grains, Crunchy Pecan, <i>Post</i>	² / ₃ cup (53 g)	8 g	15%	Yes
Great Grains, Raisin, Date, Pecan, <i>Post</i>	² / ₃ cup (54 g)	13 g	24%	Yes
Grits, Instant, <i>Quaker</i>	1 packet (28 g)	0 g	0%	Yes
Grits, Instant Country Bacon, <i>Quaker</i>	1 packet (28 g)	0 g	0%	Yes
Grits, Instant Real Butter, <i>Quaker</i>	1 packet (28 g)	0 g	0%	Yes
Grits, Instant Real Cheddar Cheese, <i>Quaker</i>	1 packet (28 g)	1 g	4%	Yes
Grits, Instant Red Eye Gravy & Country Ham, <i>Quaker</i>	1 packet (28 g)	0 g	0%	Yes
Grits, Old Fashioned, <i>Quaker</i>	¼ cup (41 g)	0 g	0%	Yes
Grits, Quick, <i>Jim Dandy</i>	¹ / ₃ cup (46 g)	0 g	0%	Yes
Grits, Quick, <i>Quaker</i>	¼ cup (37 g)	0 g	0%	Yes
Grits, Regular Enriched, <i>Jim Dandy</i>	¹ / ₃ cup (46 g)	0 g	0%	Yes
Grits, Yellow Enriched, <i>Martha White</i>	¹ / ₃ cup (46 g)	0 g	0%	Yes
Healthy Choice Multi-Grain Squares, <i>Kellogg's</i>	1¼ cup (55 g)	8 g	15%	Yes
Healthy Choice Multi-Grains, Raisins, Crunchy Oat Clusters & Almonds, <i>Kellogg's</i>	1 cup (55 g)	16 g	29%	Yes
Healthy Choice Multi-Grain Flakes, <i>Kellogg's</i>	1 cup (30 g)	6 g	20%	Yes
Heritage, <i>Nature Path</i>	¾ cup (30 g)	3 g	10%	No ¹
Honey Bunches of Oats, Honey Roasted, <i>Post</i>	¾ cup (30 g)	6 g	20%	Yes
Honey Bunches of Oats, Almonds, <i>Post</i>	¾ cup (31 g)	6 g	19%	Yes
Honey Grahams Cereal, <i>Quaker</i>	¾ cup (28 g)	11 g	39%	NR
Honeycomb, <i>Post</i>	1 ¹ / ₃ cup (29 g)	11g	37%	NR
Honey & Nut Toasted Oats, <i>Shaw's</i>	1 cup (30 g)	11g	37%	NR
Honey Nut Chex, <i>General Mills</i>	¾ cup (30 g)	9	30%	Yes
Honey Nut Shredded Wheat, <i>Post</i>	1 cup (52 g)	12 g	23%	Yes
Honey'd Corn Flakes, <i>Nature's Path</i>	¾ cup (30 g)	4 g	13%	Yes
Just Right Crunchy Nugget, <i>Kellogg's</i>	1 cup (55 g)	12 g	22%	Yes
Just Right Fruit & Nut, <i>Kellogg's</i>	1 cup (55 g)	12 g	22%	Yes
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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Kaboom, <i>General Mills</i>	1¼ cup (30 g)	6 g	20%	Yes
Kashi Chocolate Pillows, <i>Kashi</i>	¾ cup (55 g)	19 g	35%	Yes
Kashi Good Friends, <i>Kashi</i>	¾ cup (30 g)	6 g	20%	Yes
Kashi Puffed, <i>Kashi</i>	1 cup (25 g)	0g	0%	Yes
Kashi Seven Whole Grains and Sesame, <i>Kashi</i>	½ cup (30 g)	5 g	17%	Yes
Kix, <i>General Mills</i>	1⅓ cup (30 g)	3 g	10%	Yes
Kix, Berry Berry, <i>General Mills</i>	¾ cup (30 g)	9 g	30%	Yes
Life, <i>Quaker</i>	¾ cup (32 g)	6 g	19%	Yes
Life, Cinnamon, <i>Quaker</i>	1 cup (50 g)	14 g	28%	Yes
Low-Fat Granola, <i>Kellogg's</i>	½ cup (55 g)	16 g	29%	Yes
Low-Fat Granola with Raisins, <i>Kellogg's</i>	⅔ cup (55 g)	16 g	29%	Yes
Lucky Charms, <i>General Mills</i>	1 cup (30 g)	13 g	43%	NR
Maltex, <i>American Home Foods</i>	⅓ cup (48 g)	1 g	2%	Yes
Maple Corns Cereal, <i>Arrowhead Mills</i>	1 cup (53 g))	11g	21%	Yes
Marshmallow Safari, <i>Quaker</i>	¾ cup (30 g)	14 g	47%	NR
Maypo, Hearty Vermont Style, <i>American Home Foods</i>	½ cup (48 g)	3 g	6%	Yes
Maypo, Oatmeal Maple, <i>American Home Foods</i>	½ cup (48 g)	3 g	6%	Yes
Muesli, Country Crisp, <i>Ralston Food</i>	1 cup (55 g)	8 g	15%	Yes
Muesli, Multi Grain and Fruit, <i>Familia</i>	1 cup (55 g)	18 g	33%	Yes
Muesli, No Added Sugar, <i>Familia</i>	½ cup (57 g)	8 g	14%	Yes
Muesli, Original Recipe, <i>Familia</i>	½ cup (60 g)	16 g	27%	Yes
Muesli, Puffed Wheat, <i>Familia</i>	½ cup (47 g)	5 g	11%	Yes
Mueslix, Apple & Almond Crunch, <i>Kellogg's</i>	¾ cup (55 g)	10 g	18%	Yes
Mueslix, Bran, <i>Kellogg's</i>	¾ cup (55 g)	11 g	20%	Yes
Mueslix, Raisin & Almond Crunch, <i>Kellogg's</i>	⅔ cup (55 g)	16 g	29%	Yes
Multi-Bran Chex, <i>Ralston Food</i>	1¼ cup (58 g)	11g	19%	Yes
Multi-Grain Flakes, <i>Grainfields</i>	¾ cup (30 g)	2 g	7%	Yes
Multigrain Shredded Spoonfuls, <i>Barbara's Bakery</i>	¾ cup (32 g)	5 g	16%	Yes
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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Natural Cereal, Oats and Honey, <i>Stop & Shop</i>	½ cup (55 g)	11 g	20%	Yes
Natural Cereal, Oats, Honey Raisins, <i>Stop & Shop</i>	½ cup (55 g)	14 g	25%	Yes
Nature Valley Granola, Apple Cinnamon, <i>General Mills</i>	1 cup (55 g)	16 g	29%	Yes
Nature Valley Granola, Almond, <i>General Mills</i>	1 cup (55 g)	11 g	20%	Yes
Nature Valley Granola, Fruit Oatmeal Crisp, <i>General Mills</i>	⅔ cup (55 g)	18 g	33%	Yes
Nature Valley Granola, Low Fat Fruit, <i>General Mills</i>	⅔ cup (55 g)	18 g	33%	Yes
Nutri-Grain Almond Raisin, <i>Kellogg's</i>	1¼ cup (55 g)	16 g	29%	Yes
Nutri-Grain Golden Wheat, <i>Kellogg's</i>	¾ cup (30 g)	0 g	0%	Yes
Nutty Nuggets, <i>Stop & Shop</i>	½ cup (48 g)	3 g	6%	Yes
Oat Bran Flakes, <i>Health Valley</i>	¾ cup (28 g)	4 g	7%	Yes
Oat Bran Hot Cereal, <i>Quaker</i>	½ cup (40 g)	1 g	3%	Yes
Oat Bran Hot Cereal, <i>Stop & Shop</i>	⅓ cup (33 g)	0 g	0%	Yes
Oat Bran Flakes, <i>Grainfields</i>	¾ cup (30 g)	2 g	7%	Yes
Oatmeal Crisp, Almond, <i>General Mills</i>	1 cup (55 g)	11 g	20%	Yes
Oatmeal Crisp, Apple Cinnamon, <i>General Mills</i>	1 cup (55 g)	16 g	29%	Yes
Oatmeal Crisp, Raisin, <i>General Mills</i>	1 cup (55 g)	19 g	35%	Yes
Oatmeal, Instant, <i>America's Choice</i>	1 packet (43 g)	14 g	33%	Yes
Oatmeal, Instant, <i>Quaker</i>	1 packet (28 g)	0 g	0%	Yes
Oatmeal, Instant, <i>Stop & Shop</i>	1 packet (28 g)	2 g	7%	Yes
Oatmeal, Instant, Apple Cinnamon, <i>Stop & Shop</i>	1 packet (35 g)	16 g	46%	NR
Oatmeal, Instant, Apples & Cinnamon, <i>Quaker</i>	1 packet (35 g)	10 g	29%	Yes
Oatmeal, Instant, Apples & Cinnamon, <i>Stop & Shop</i>	1 packet (35 g)	10 g	29%	Yes
Oatmeal, Instant, Bananas & Cream, <i>Big Y</i>	1 packet (35 g)	11 g	32%	Yes
Oatmeal, Instant, Bananas & Cream, <i>Quaker</i>	1 packet (35 g)	10 g	29%	Yes
Oatmeal, Instant, Blueberries & Cream, <i>Big Y</i>	1 packet (35 g)	10 g	29%	Yes
Oatmeal, Instant, Blueberries & Cream, <i>Quaker</i>	1 packet (35 g)	10 g	29%	Yes
Oatmeal, Instant, Cinnamon & Spice, <i>Quaker</i>	1 packet (46 g)	15 g	33%	Yes
Oatmeal, Instant, Cinnamon Toast, <i>Quaker</i>	1 packet (35 g)	10 g	29%	Yes
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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Oatmeal, Instant, Kid's Choice Cookies 'n Cream, <i>Quaker</i>	1 packet (40 g)	12 g	30%	Yes
Oatmeal, Instant, Kid's Choice Maple & Brown Sugar, <i>Quaker</i>	1 packet (43 g)	13 g	30%	Yes
Oatmeal, Instant, Kid's Choice Radical Raspberry, <i>Quaker</i>	1 packet (40 g)	11 g	28%	Yes
Oatmeal, Instant, Kid's Choice Strawberries 'n Stuff, <i>Quaker</i>	1 packet (40 g)	13 g	33%	Yes
Oatmeal, Instant, Maple Brown Sugar, <i>Stop & Shop</i>	1 packet (43 g)	14 g	33%	Yes
Oatmeal, Instant, Maple & Brown Sugar, <i>Quaker</i>	1 packet (43 g)	13 g	30%	Yes
Oatmeal, Instant, Maple n' Brown Sugar, <i>IGA</i>	1 packet (43 g)	14 g	33%	Yes
Oatmeal, Instant, Maple Spice, <i>Erewhon</i>	1 packet (34 g)	4 g	12%	Yes
Oatmeal, Instant, Peaches & Cream, <i>Big Y</i>	1 packet (35 g)	9 g	26%	Yes
Oatmeal, Instant, Peaches & Cream, <i>Quaker</i>	1 packet (35 g)	12 g	34%	Yes
Oatmeal, Instant, Raisin, Date & Walnut, <i>Quaker</i>	1 packet (37 g)	12 g	32%	Yes
Oatmeal, Instant, Raisins & Spice, <i>Quaker</i>	1 packet (43 g)	15 g	35%	Yes
Oatmeal, Instant, Strawberries & Cream, <i>Big Y</i>	1 packet (35 g)	10 g	29%	Yes
Oatmeal, Instant, Strawberries & Cream, <i>Quaker</i>	1 packet (35 g)	12 g	34%	Yes
Oatmeal Squares, <i>Quaker</i>	1 cup (56 g)	9 g	16%	Yes
Oatios, <i>New Morning</i>	1 cup (30 g)	1 g	3%	Yes
Oats, Old-Fashioned, <i>Quaker</i>	½ cup (40 g)	1 g	3%	Yes
Oats, Old-Fashioned, <i>Stop & Shop</i>	½ cup (40 g)	0 g	0%	Yes
Oats, Quick, <i>Price Chopper</i>	1 cup prepared (40 g)	1 g	3%	Yes
Oats, Quick, <i>Quaker</i>	½ cup (40 g)	1 g	3%	Yes
Oats, Quick, <i>Stop & Shop</i>	½ cup (39 g)	0 g	0%	Yes
Oh's, <i>Quaker</i>	¾ cup (27 g)	11 g	41%	NR
100% Natural, <i>Quaker</i>	½ cup (50 g)	16 g	32%	Yes
100% Natural Oats & Honey, <i>Quaker</i>	½ cup (48 g)	12 g	25%	Yes
100% Natural Honey, Oats & Raisins, <i>Quaker</i>	½ cup (51 g)	14 g	27%	Yes
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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Peanut Butter Kids Krunch, <i>Aldi, Inc.</i>	¾ cup (27 g)	9	33%	Yes
Pokemon Toasted Oat Cereal with Marshmallow Bits, <i>Kellogg's</i>	1 cup (29 g)	14 g	48%	NR
Poptarts Crunch, Frosted Strawberry, <i>Kellogg's</i>	¾ cup (30 g)	14 g	47%	NR
Poptarts Crunch, Frosted Brown Sugar Cinnamon, <i>Kellogg's</i>	¾ cup (30 g)	12 g	40%	NR
Post Toasties	1 cup (28 g)	2 g	7%	Yes
Product 19, <i>Kellogg's</i>	1 cup (30 g)	3 g	10%	Yes ²
Puffed Kashi, <i>Kashi Company</i>	1 cup (25 g)	0g	0%	Yes
Puffed Rice, <i>Finast</i>	1 cup (14 g)	0 g	0%	No ¹
Puffed Rice, <i>Quaker</i>	1 cup (14 g)	0 g	0%	No ¹
Puffed Wheat, <i>Finast</i>	1 cup (17 g)	0 g	0%	No ¹
Puffed Wheat, <i>Quaker</i>	1¼ cup (15 g)	0 g	0%	No ¹
Quisp, <i>Quaker</i>	1 cup (27 g)	12 g	44%	NR
Raisin Bran, <i>America's Choice</i>	1 cup (55 g)	16 g	30%	Yes
Raisin Bran, <i>Grainfields</i>	² / ₃ cup (30 g)	6 g	20%	Yes
Raisin Bran, <i>IGA</i>	¾ cup (54 g)	16 g	30%	Yes
Raisin Bran, <i>Kellogg's</i>	1 cup (55 g)	18 g	33%	Yes
Raisin Bran, <i>Post</i>	1 cup (59 g)	20 g	34%	Yes
Raisin Bran, <i>Quaker</i>	¾ cup (38 g)	11 g	29%	Yes
Raisin Bran, <i>Shaw's</i>	¾ cup (54 g)	16 g	30%	Yes
Raisin Bran, <i>Stop & Shop</i>	¾ cup (54 g)	16 g	30%	Yes
Raisin Bran, Extra Raisin, <i>Sensational</i>	¾ cup (55 g)	20 g	36%	NR
Raisin Nut Bran, <i>General Mills</i>	1 cup (55 g)	16 g	29%	Yes
Raisin Squares, <i>Kellogg's</i>	¾ cup (55 g)	12 g	22%	Yes
Razzle Dazzle Rice <i>Krispies</i>	¾ cup (28 g)	10 g	36%	NR
Reeses Peanut Butter Puffs, <i>General Mills</i>	¾ cup (30 g)	12 g	40%	NR
Rice Chex, <i>Ralston Food</i>	1 cup (31 g)	2 g	6%	Yes
Rice Crisps, <i>Kingston</i>	1¼ cup (33 g)	2 g	6%	Yes
Rice Krispies, <i>Kellogg's</i>	1¼ cup (30 g)	3 g	10%	Yes
Rice Krispies, Apple Cinnamon, <i>Kellogg's</i>	¾ cup (30 g)	11 g	37%	NR
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Rice Krispies Treats, <i>Kellogg's</i>	¾ cup (30 g)	9 g	30%	Yes
Rice Puffs, <i>America's Choice</i>	1 cup (16 g)	0 g	0%	Yes
Shredded Wheat, <i>Barbara's</i>	2 biscuits (40 g)	0 g	0%	Yes
Shredded Wheat, <i>Nabisco</i>	2 biscuits (46 g)	0 g	0%	Yes
Shredded Wheat, <i>Post</i>	2 biscuits (46 g)	0 g	0%	Yes
Shredded Wheat, <i>Sunshine</i>	2 biscuits (51 g)	0 g	0%	Yes
Shredded Wheat, Honey Nut, <i>Post</i>	1 cup (52 g)	12 g	24%	Yes
Shredded Wheat, Spoon Size, <i>Nabisco</i>	1 cup (49 g)	0 g	0%	Yes
Shredded Wheat, Spoon Size, <i>Post</i>	1 cup (49 g)	0 g	0%	Yes
Shredded Wheat and Bran, <i>Nabisco</i>	¾ cup (59 g)	1 g	2%	Yes
Shredded Wheat and Bran, <i>Post</i>	1¼ cup (59 g)	1 g	2%	Yes
Silly Spheres, <i>Price Chopper</i>	1½ cup (30 g)	3 g	10%	Yes
Special K, <i>Kellogg's</i>	1 cup (30 g)	3 g	10%	Yes
Spiderman, <i>Ralston Food</i>	1 cup (31 g)	14 g	45%	NR
Smacks, <i>Kellogg's</i>	¾ cup (30 g)	16 g	53%	NR
Strawberry Squares, <i>Kellogg's</i>	¾ cup (55 g)	10 g	18%	Yes
Sun Crunchers, <i>General Mills</i>	1 cup (55 g)	16 g	29%	Yes
Sunrise Organic Cereal, <i>General Mills</i>	¾ cup (30 g)	10 g	33%	Yes
Sweet Crunch, <i>Quaker</i>	1 cup (27 g)	12 g	44%	NR
Sweet Puffs, <i>Quaker</i>	1 cup (34 g)	16 g	47%	NR
Tasteeos, <i>Stop & Shop</i>	1¼ cup (32 g)	2 g	6%	Yes
Tasteeos, Honey Nut, <i>Stop & Shop</i>	1 cup (34 g)	10 g	29%	Yes
Temptations French Vanilla Almond, <i>Kellogg's</i>	¾ cup (30 g)	9 g	30%	Yes
Temptations Honey Roasted Pecan, <i>Kellogg's</i>	1 cup (30 g)	10 g	33%	Yes
Toasted Oat, <i>Grainfields</i>	1 cup (30 g)	1 g	3%	Yes
Toasted Oats, <i>America's Choice</i>	1 cup (30 g)	1 g	3%	Yes
Toasted Oats, <i>Shaw's</i>	1 cup (30 g)	1 g	3%	Yes
Toasted Oats, <i>SweetLife</i>	1 cup (30 g)	1g	3%	Yes
Toasted Oatmeal, <i>Quaker</i>	¾ cup (31 g)	7 g	23%	Yes
Toasted Oatmeal, Honeynut, <i>Quaker</i>	1 cup (49 g)	13 g	27%	Yes
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